



HOWZAT!

Fielding Practices

Name: Close Catching

Aim:

To acquire and develop close and high catching skills.

To select and apply catching skills according to height and pace of the ball.

To improve close and high catching skills by watching how other players catch the ball and evaluating what parts of the skill they need to use to improve their catching technique.

Organisation:

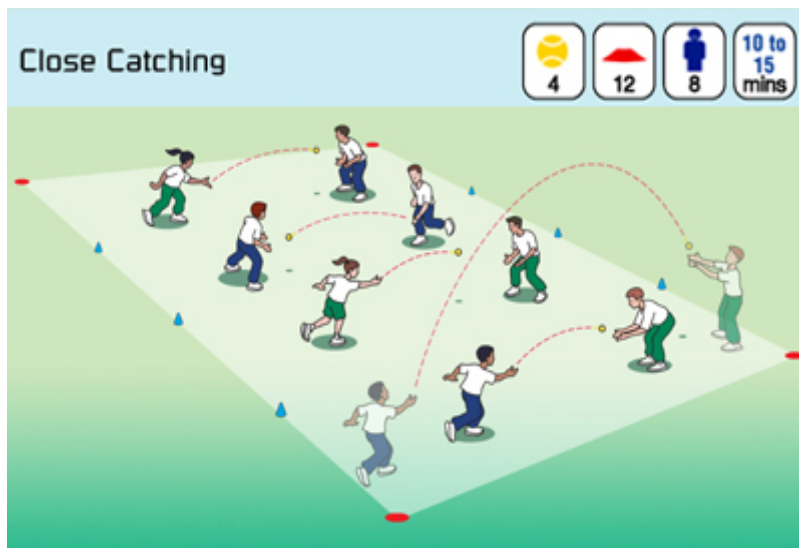
Players working in pairs in two straight lines approximately 3 – 5 metres apart, throw a ball underarm to one another to practice catching. For high catching: Players working in pairs in two straight lines approximately 5 - 10 metres apart, throw a ball underarm high in the air to one another to practice high catching.

Technique:

Relaxed stance approximately shoulder width apart - knees bent; Weight on balls of feet; Hands together - fingers pointing down – big catching area; Head level – watch the ball; “Give” with the ball; For high catching: Relaxed stance approximately shoulder width apart - knees bent; Weight on balls of feet; Hands together - palms face the ball – big catching area; Head level – watch the ball; Catch the ball at eye level; Reverse hands if preferred; “Give” with the ball.

Adaptation/Variation:

Increase throwing distance; Vary direction and height; Add another ball; Use bigger ball; Distraction catches; Timed game – how many catches; Catch one handed.



Equipment:

Players: 24;

Cones: 4;

Tennis Balls: 12;

Time: 5 -10 mins;